

Póvoa de Varzim, 06 - 07.02.2010
www.annp.pt/povoameeting10/

Event 17	Women, 400m Medley				Absolutos
06-02-2010 - 12:40	Câmara Municipal da Póvoa de Varzim				Results
Recorde Nacional Absoluto	4:53.17	VIEIRA, Nadia Morais	FPN	MONACO (MON)	13-06-2009
Recorde Nacional Sénior	4:53.17	VIEIRA, Nadia Morais	FPN	MONACO (MON)	13-06-2009
Recorde Nacional Junior	4:58.87	MIGUEL, Susana Patricia	FPN	Palma Maiorca (ESP)	06-07-2006
Recorde Nacional Juvenis	5:01.04	MIGUEL, Susana Patricia	SFUAP	Lisboa	08-07-2004
Recorde Nacional Infantis A	5:11.29	ROCHA, Diana Ramos	EDV	Faro	20-07-2007
Recorde Nacional Infantis B	5:14.05	RUIVO, Filipa Vilas	DNMG	S. João da Madeira	24-07-2009
Recorde Meeting	4:55.58	, START		Póvoa de Varzim	
TLP ABS FEMININOS : 5:45.00					

Points: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	NEGRI, SUSANNA <i>MEETING RECORD</i>	F	LOM003091	90	Nuoto Mgm Sport	4:52.87	778	
	100m: 1:06.76	200m: 2:22.45	300m: 3:46.35	400m: 4:52.87	37.12	42.27	32.72	
	150m: 1:45.33	250m: 3:04.08	350m: 4:20.15		41.63	33.80		
2.	VIEIRA, Nadia Morais	F	13092	90	Geslours - Gestao de Equipame	4:57.25	744	34.00
	100m: 1:08.57	200m: 2:24.89	300m: 3:48.48	400m: 4:57.25	37.75	42.25	34.00	
	150m: 1:47.14	250m: 3:06.23	350m: 4:23.25		41.34	34.77		
3.	LEONI, LUDOVICA	F	LOM026860	90	Nuoto Mgm Sport	5:01.77	711	35.71
	100m: 1:07.78	200m: 2:22.71	300m: 3:51.53	400m: 5:01.77	37.23	45.05	35.71	
	150m: 1:45.48	250m: 3:06.48	350m: 4:26.06		43.77	34.53		
4.	ROCHA, Diana Ramos	F	14372	94	Vilacondense	5:03.70	698	32.96
	100m: 1:07.95	200m: 2:26.07	300m: 3:55.08	400m: 5:03.70	38.41	43.54	32.96	
	150m: 1:47.66	250m: 3:11.54	350m: 4:30.74		45.47	35.66		
5.	VELOSO, Maria Miguel	F	10879	93	Nautico/Matobra	5:09.47	660	33.83
	100m: 1:09.29	200m: 2:29.08	300m: 4:00.82	400m: 5:09.47	39.74	46.16	33.83	
	150m: 1:49.34	250m: 3:14.66	350m: 4:35.64		45.58	34.82		
6.	MONTEIRO, Ana Catarina	F	24320	93	Vilacondense	5:13.72	633	36.23
	50m: 32.31	150m: 1:48.82	250m: 3:16.27	350m: 4:39.61	40.91	48.19	36.23	
	100m: 1:07.91	200m: 2:28.08	300m: 4:03.38	400m: 5:13.72	39.26	47.11	34.11	
7.	MARINHO, Patricia Garcia	F	23004	94	Sporting Clube de Portugal	5:15.96	620	35.22
	100m: 1:12.65	200m: 2:36.04	300m: 4:05.07	400m: 5:15.96	41.16	44.54	35.22	
	150m: 1:54.88	250m: 3:20.53	350m: 4:40.74		44.49	35.67		
8.	SILVA, Mara Lisboa e	F	10737	93	Ba Leiria	5:16.08	619	36.30
	50m: 33.43	150m: 1:51.66	250m: 3:17.92	350m: 4:41.18	39.94	46.59	36.30	
	100m: 1:11.72	200m: 2:31.33	300m: 4:04.88	400m: 5:16.08	39.67	46.96	34.90	
9.	PINHEIRO, Lara Santana	F	14554	92	Clube Futebol Os Belenenses	5:17.45	611	35.10
	100m: 1:13.56	200m: 2:36.58	300m: 4:06.55	400m: 5:17.45	41.44	45.30	35.10	
	150m: 1:55.14	250m: 3:21.25	350m: 4:42.35		44.67	35.80		
10.	DURAES, Diana Margarida	F	102992	96	Felgueiras	5:17.51	611	36.55
	50m: 33.56	150m: 1:54.18	250m: 3:20.25	350m: 4:42.00	41.85	45.35	36.55	
	100m: 1:12.33	200m: 2:34.90	300m: 4:05.45	400m: 5:17.51	40.72	45.20	35.51	
11.	RIBEIRO, Soraia Vanessa	F	15857	92	Vilacondense	5:23.13	579	37.04
	100m: 1:10.12	200m: 2:32.91	300m: 4:07.26	400m: 5:23.13	40.64	47.87	37.04	
	150m: 1:52.27	250m: 3:19.39	350m: 4:46.09		46.48	38.83		
12.	ARDISSINO, MADDALENA	F	LOM037958	98	Nuoto Mgm Sport	5:23.27	579	36.81
	50m: 32.93	150m: 1:53.62	250m: 3:22.03	350m: 4:46.95	42.10	47.23	36.81	
	100m: 1:11.52	200m: 2:34.80	300m: 4:10.14	400m: 5:23.27	41.18	48.11	36.32	
13.	LAGE, Marisa Alexandra	F	14935	94	Viana NC	5:24.29	573	36.15
	50m: 34.65	150m: 1:57.82	250m: 3:25.36	350m: 4:49.09	42.55	45.56	36.15	
	100m: 1:15.27	200m: 2:39.80	300m: 4:12.94	400m: 5:24.29	41.98	47.58	35.20	
14.	ROMPANTE, Filipa Maria	F	102733	95	Famalicao	5:25.23	568	36.46
	50m: 34.52	150m: 1:55.81	250m: 3:24.78	350m: 4:49.30	41.18	47.37	36.46	
	100m: 1:14.63	200m: 2:37.41	300m: 4:12.84	400m: 5:25.23	41.60	48.06	35.93	
15.	NEVES, Eduarda Malheiro	F	13222	94	Braga	5:25.93	565	37.84
	50m: 33.61	150m: 1:55.12	250m: 3:25.67	350m: 4:49.44	43.20	47.78	37.84	
	100m: 1:11.92	200m: 2:37.89	300m: 4:11.60	400m: 5:25.93	42.77	45.93	36.49	
16.	ANDRE, Angelica Maria	F	15497	94	Leixoes Sport Clube	5:30.59	541	38.25
	50m: 34.74	150m: 1:58.60	250m: 3:28.24	350m: 4:53.24	43.51	45.89	38.25	
	100m: 1:15.09	200m: 2:42.35	300m: 4:14.99	400m: 5:30.59	43.75	46.75	37.35	
sick	NUNES, Catarina Tiago	F	100949	95	Uniao Piedense			